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**North Island Motor Union Insurance Company.**

# COOK BY ELECTRICITY.

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## SPECIAL RECIPES.

By Miss D. McStag, Demonstrator, Dunedin City Council  
Electrical Showroom.

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### CASSEROLE OF PORK CHOPS, ONIONS AND APPLES.—

3 or 4 pork chops, 2 large onions, 2 large apples, salt and pepper,  $\frac{1}{2}$  teaspoon sugar. Flour the chops and brown in hot fat, cut onions in rings. Soak in boiling water for 5 minutes, or brown with chops. Place onions in casserole, grate apples over, sprinkle with sugar, place chops on top, and almost cover with gravy, put lid on casserole. Temperature about 400 degrees. Time,  $1\frac{1}{2}$  hours. Position in oven, below the centre; top switch off, bottom switch to low.

### PUDDINGS.

**BANANA WHIP.**—Mash four bananas with  $\frac{1}{2}$  cup of sugar, beat until sugar dissolves, add grated rind and juice of one lemon, stir in slowly one small cup of milk, dissolve 2 dessertspoons of gelatine in a little hot water, stir into mixture. Sets in one hour.

**PINEAPPLE PUDDING.**—6 ozs. flour, 2 ozs. sugar,  $1\frac{1}{2}$  teaspoons baking powder, 2 eggs, milk to mix, about  $\frac{1}{2}$  cup, 4 ozs. butter, 3 ozs. light brown sugar, 1 dessertspoon lemon juice, 1 cup of pineapple squares. Cook butter, sugar, lemon juice 5 minutes. Make a batter with eggs, sugar, milk and flour and baking powder. Pour pineapple into greased dish, then batter on top. Temperature, 400 to 450 degrees. Time, about  $\frac{1}{2}$  hour.

**ECONOMICAL CHOCOLATE CAKE.**—4 ozs. butter, one breakfast cup of sugar; beat to a cream, add 2 eggs and 1 teaspoon vanilla. Beat well and add 2 tablespoons of golden syrup. Dissolve one teaspoon baking soda in a cup of milk, and gradually with 2 cups of flour, 2 teaspoons baking powder, 2 tablespoons cocoa, and a pinch of salt. **Heat Storage Range:** 375 degrees, baffle in booster, switch down, 5 minutes; position, 2nd from bottom. **Ordinary Electric Range:** 400 to 425 degrees, top switch off, bottom low; position, 2nd or 3rd from bottom. Time for baking,  $\frac{1}{2}$  hour. Sandwich tins: line sides of tins with greasepaper. This cake rises to about two inches each tin.

**GINGER NUTTY CRISPS.**—6 ozs. flour, 4 ozs. butter, 3 ozs. light brown sugar, 2 teaspoons golden syrup, 1 teaspoon ground ginger,  $\frac{1}{2}$  teaspoon baking powder, pinch salt, vanilla, walnuts. Cream butter and sugar, add syrup and sifted dry ingredients: mix well. Place small spoonful on cold tray, press half walnut on top. Temperature, 400 to 425 degrees. Time for baking, 12 to 15 minutes.

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**FRUIT CAKE.**— $\frac{1}{2}$  lb. butter or good dripping,  $\frac{1}{2}$  lb. sugar, 1 lb. flour, 1 or 2 lbs. mixed fruit, 2 eggs, 1 large cup milk, 2 teaspoons baking soda,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon vanilla. Rub the butter into the sifted flour, salt, soda, and sugar. Boil milk and add to beaten eggs. Make a well in the dry mixture, add liquid and stir well; lastly the flavouring. Place in papered and greased tin, 8 or 9 inches square. Temperature about 375 degrees. Time for baking, 2 hours. Top switch off and bottom to low.

## TIME FOR COOKING REQUIRED BY ELECTRIC RANGE.

BEEF—Sirloin, 5 lbs.		2 hours
Grill	8 to 12 minutes, according to taste	
Shin, boiled	2 to 3 hours	
Tongue, boiled	$2\frac{1}{2}$ to $3\frac{1}{2}$ hours	
MUTTON—Leg, roast, 5 lbs.		$2\frac{1}{2}$ hours
Leg, boiled	$1\frac{1}{2}$ to $2\frac{1}{2}$ hours	
Shoulder, roast	$1\frac{1}{2}$ to $2\frac{1}{2}$ hours	
Neck, boiled	2 to $2\frac{1}{2}$ hours	
PORK—Leg, 5 lbs.		$2\frac{1}{2}$ to 3 hours
Loin, 5 lbs.		rather less
VEAL—Joint, 5 lbs.		$2\frac{1}{2}$ to 3 hours
LAMB		rather less than mutton
POULTRY—Fowl	Roast	1 to 2 hours
Chicken	Steamed	1 to $2\frac{1}{2}$ hours, according to age
Duckling		$1\frac{1}{2}$ to 2 hours
Duck		1 to $2\frac{1}{2}$ hours
Goose		2 to 3 hours
Turkey		$2\frac{1}{2}$ to $3\frac{1}{2}$ hours

Degrees of Heat:	500	— Very hot oven.
	450	— Hot oven.
	400	— Moderate oven.
	350	— Slow moderate.
	300	— Slow oven.
	250	— Cool oven.

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## SOME NEW, CHOICE AND DAINTY RECIPES.

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**DUTCH PUDDING.**—Four carrots, 1 egg, seasoning, 4 sticks of celery, 1 teaspoon chopped parsley. Cut carrots and celery very small, boil until tender and mash as smooth as possible with butter, salt, pepper, and a wee bit of sugar. Beat egg, and when above mixture is cool, stir in thoroughly. Press mixture into greased mould and bake in oven until piping hot. Serve with melted butter or gravy.

**MEAT AND VEGETABLE ROLY-POLY.**—3 cups of flour, 1 cup of finely-chopped suet, 2 teaspoons baking powder. Mix with water, roll out thinly and spread over with 1 lb. of finely minced meat (raw or cooked), 2 medium-sized potatoes (thinly sliced), 2 onions (chopped fine), 2 turnips and 2 carrots (sliced thin) on top of minced meat. Roll, wrap in pudding cloth, and boil for four hours.

**LAMB PIE.**—Two pounds neck of lamb and 1 kidney. Put into saucepan and stew gently until meat comes away from bone; cut kidney into small slices and lamb into neat pieces; put into pie-dish and sprinkle each layer with pepper, salt and a little chopped parsley and kidney, half fill dish with the gravy from meat, and cover with pie crust. Bake in hot oven 20 minutes. Season remainder of the gravy and heat up to use when pie is cooked.

**KIDNEY PIE.**—Very rarely cooked in this country, but very tasty. Boil some beef kidney, cut it into thin slices and arrange it in a pie dish at the bottom of which has already been placed a layer of boiled macaroni. Season the kidney with salt, pepper, and a little cayenne. Take some ripe tomatoes, cut them in slices, and lay them over the kidney; on the top of the tomatoes put a layer of breadcrumbs; continue these layers until the dish is full, and pour the gravy over it; scatter breadcrumbs on top, and bake for about one hour. Serve very hot from the dish in which it has been cooked.

**DEVILLED MUSHROOMS.**—Peel about a pint of mushrooms, break into pieces, season with salt, pepper, and a squeeze of lemon juice; add the hard-boiled yolks of three eggs, a pint of stale breadcrumbs, and 1 oz. of butter; season with chopped ham, salt, cayenne, and a few drops of lemon juice. Fill small shell dishes with the mixture, and cover the tops with breadcrumbs and bits of butter. Set in oven to brown.

**EGGS IN BATTER.**—Poach the eggs, and when cold dip into a light batter and fry a pale brown. A piece of bacon wrapped round is an improvement.

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**CHEESE PUDDING.**—Boil  $\frac{1}{2}$  pint of milk and add to it 3 ozs. of grated cheese, and the same quantity of breadcrumbs; stir all together until it boils; pour it into a basin, and when slightly cool, add 2 eggs, well beaten; season with a small  $\frac{1}{2}$  teaspoon of pepper, and the same quantity of salt. Place the pudding in a pie dish and bake for 20 minutes to  $\frac{1}{2}$  hour in moderate oven.

**EGG SAVOURY.**—Boil three eggs until hard; put into cold water and remove the shells; cut each egg in half, neatly; cover entirely with forcemeat, and fry in boiling fat to a light brown. Serve the eggs on round of fried bread and a little gravy poured round each poached egg before it is dipped into the batter is an improvement.

**POTATO SAVOURY.**—Butter a fire-proof dish, mix some grated cheese with breadcrumbs, and strew the dish with them, and sprinkle with pepper, salt, cayenne, and finely-chopped parsley. On this put some slices of cold boiled mealy potatoes, and repeat the layers until the dish is full, covering the top with cheese and breadcrumbs. Pour in a little cream to moisten it; put some tiny bits of butter on the top; stand the dish in a tin half full of hot water and bake for about twenty minutes in a hot oven.

**FRICASSEE EGGS.**—Put a pint of milk, a large onion stuck with five cloves, a shred of carrot, and a small bunch of parsley in a saucepan, and let simmer for half-an-hour; have four to six eggs quite hard boiled, shelled, and carefully cut in halves; melt one ounce and half of butter in a stewpan, stir in one ounce of flour, strain the milk into it, and stir over the gas until boiled and thickened. Season with lemon juice, salt, and pepper, and put each half egg cautiously into the sauce, so that the yolk is not disturbed, and let them warm through. Fry a breakfast cup full of small dice of bread, also some tiny curls of streaky bacon. Place the fricassee in an entree dish, garnish with little heaps of bread and bacon and serve hot.

**CURRIED KIDNEYS.**—The curry should be made into a paste, using equal quantities of flour and curry powder, and seasoning with salt and pepper; use just enough water to make the paste workable. Split the kidneys and coat them with the paste and fry quickly in boiling fat. A large slice of toast should be fried also, on which to dish the kidneys.

**SWEETBREADS IN WHITE SAUCE.**—Soak the sweetbreads in luke warm water, slightly acidulated with vinegar or lemon juice, changing it twice in an hour and half, then put the sweetbreads in cold salted water; bring them quickly to the boil, and cook them for ten minutes or longer; if they are large, until firm and plump. Press them between two plates with a weight on top until cold; trim them neatly; make some white sauce, flavouring it with a little cayenne, salt, mace, celery, lemon juice, shallot. Let the sweetbreads cook slowly in it, so that they may be well flavoured and very tender; serve them in slices with mashed potato and strain the thick sauce over them. Garnish with lemon slices and fried sippets.

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## SPECIAL CAKE RECIPES.

**ENGLISH PLUM CAKE.**— $1\frac{1}{2}$  lbs. flour,  $\frac{1}{2}$  lb. cornflour, 1 lb. raisins,  $\frac{1}{2}$  lb. currants,  $\frac{1}{2}$  lb. sultanas,  $\frac{1}{2}$  lb. mixed peel,  $\frac{1}{2}$  lb. good dripping,  $\frac{1}{2}$  lb. brown sugar, 2 eggs, 1 teaspoon soda, 1 teaspoon cream tartar, 1 pint sour milk. Sift flour, rub in dripping, add fruit and sugar; make hole in centre and mix in cream tartar, baking soda and milk, which will boil over. Then stir in, adding more milk if required to make fairly moist. Bake 3 hours in moderate oven.

**MARBLE CAKE.**—**Light part:**  $\frac{1}{2}$  lb. butter, 2 small cups sugar, 1 cup milk, 4 eggs, 3 teaspoons baking powder,  $3\frac{1}{2}$  cups flour,  $\frac{1}{2}$  teaspoon vanilla,  $\frac{1}{2}$  lb. cherries,  $\frac{1}{2}$  lb. blanched almonds. **Dark part:** 2 tablespoons treacle, 1 tablespoon cocoa,  $\frac{1}{2}$  teaspoon spice,  $\frac{1}{2}$  teaspoon cinnamon, little nutmeg,  $\frac{1}{2}$  cup chopped raisins. Beat butter and sugar to a cream, beat in eggs, one at a time, add alternately with flour and baking powder. Divide mixture in half, add dark part ingredients to one half, then vanilla, cherries, almonds, to light part. Put dark mixture in greased cake tin first, the light mixture on top. Bake in moderate oven.

**ECONOMICAL CAKE.**— $1\frac{1}{2}$  lbs. flour,  $\frac{1}{4}$  lb. butter,  $\frac{1}{2}$  lb. sugar, 4 eggs, 2 lbs. mixed fruit,  $\frac{1}{2}$  cup golden syrup,  $\frac{1}{2}$  lb. lemon peel,  $\frac{1}{2}$  pint milk, 1 teaspoon cream tartar,  $\frac{1}{2}$  teaspoon baking soda. Mix as usual and bake 3 to 4 hours.

**CHRISTMAS CAKE** that will keep for months.— $\frac{1}{2}$  lb. flour,  $\frac{1}{2}$  lb. butter,  $\frac{1}{2}$  lb. sugar, 6 eggs, 1 lb. raisins, 1 lb. currants,  $\frac{1}{2}$  lb. mixed peel,  $\frac{1}{2}$  lb. sultanas, 1 dessertspoon mace, 1 dessertspoon cinnamon, 1 teaspoon nutmeg,  $\frac{1}{2}$  lb. almonds,  $\frac{1}{2}$  wine glass sherry,  $\frac{1}{2}$  wine glass brandy, 1 teaspoon orange flower water, 1 teaspoon baking powder. Mix sherry and brandy together and add spices and leave overnight. Clean all fruit, dredge flour in lightly, beat butter and sugar together, separate yolks from eggs, beat yolks lightly, add to butter alternately with the flour, then beat whites to stiff froth, and stir in lightly. Now add 1 large cup of plum jam. Bake 4 hours, slowly.

**GINGER SHORTBREAD.**—Cream  $\frac{1}{2}$  cup of butter and  $\frac{1}{2}$  cup sugar; mix in thoroughly 1 cup golden syrup, and then sieve in 2 cups flour, 1 cup fine oatmeal, 1 tablespoon ginger, 1 teaspoon mixed spice. Stir well and add  $\frac{1}{2}$  cup chopped peel, and mix all with thin cream. Pour in greased tins and bake 40 minutes in moderate oven. When cold ice with plain icing.

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A lady said to her gardener, a dour sort of Scotchman: "Jock, I wonder you don't get married. You've got a nice little home, and all you want now is a wife. The first gardener that ever lived had a wife, you know, Jock." "Quite right," said Jock, "but he didna' keep his job long after, though!"

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## SOME MILK BEVERAGES AND CONFECTIONS.

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**HOT WEATHER MILK DRINKS.**—(1) To one glass of milk add a teaspoon or ice cream. Fill up with soda water. (2) Make half a pint of cocoa with milk and let it get cold. Stand on ice if possible for a little while; beat with an egg whisk; pour into a glass, and top with cream which has been whipped and sweetened.

**MILK BLOSSOM.**—To a glass of milk and soda water add a spoonful of fruit syrup, either raspberry, strawberry or pineapple.

**EGG FLIP.**—1 dessertspoon lemon juice,  $\frac{1}{2}$  pint milk, 1 fresh egg, 1 dessertspoon castor sugar. Separate the yolk, mix it with the sugar and lemon juice. Bring milk to the boil, and pour over. Beat the white of egg stiffly and pile on top.

**HOT EGG MILK.**—1 egg, 2 tablespoons sugar, 1 tablespoon cream, glass of hot milk. Beat the egg whole with the sugar, pour hot milk over and top with cream.

**MILK POSSET (for grown-ups).**— $\frac{1}{2}$  pint milk, juice of 2 lemons, dessertspoon honey. Boil milk and pour over lemon and honey. An excellent remedy for sore throats and colds.

**THICKENED MILK.**—Scald 1 cupful of milk in a doubleboiler, reserving 2 tablespoons; add reserved milk to 1 tablespoon of flour gradually, while stirring constantly. Pour into scalded milk and stir until mixture thickens, then cover and cook over hot water for 20 minutes. Season with a few grains of salt. An inch piece of cinnamon may be cooked with the milk if liked; this tends to produce a laxative condition.

**HONEY PUFF.**—Melt a dessertspoon of honey, stir into a glass of milk until it dissolves. A glass of hot milk, sweetened with honey, just before going to bed, is an excellent aid to sound sleep.

**MILK POSSET (for children).**— $\frac{1}{2}$  pint milk, 1 tablespoon of honey. Bring the milk to a boil and stir in the honey. Give the child in bed at night to relieve a cold in the head or induce sleep.

**COCOA.**—3 tablespoons cocoa, 4 tablespoons sugar, 2 cups milk and 4 cups milk. Mix cocoa and sugar thoroughly; gradually add the 2 cups of milk, stirring smooth. Cook over direct flame for five minutes, stirring constantly. Turn it into top of double boiler and add the 4 cups of milk, beating with egg-beater until froth forms;  $\frac{1}{2}$  teaspoon of vanilla can be added if desired (optional).

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## AND NOW FOR SOME MILK DISHES.

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**SNOWFLAKE CREAM.**—2 dessertspoons gelatine,  $\frac{1}{2}$  cup dessicated cocoanut,  $1\frac{1}{2}$  cups milk,  $\frac{1}{2}$  cup hot water, 3 or more dessertspoons sugar, 2 eggs, vanilla essence, pinch of salt. Heat milk, beat egg yolks, add sugar and stir into milk. Cook until thickening, remove from fire, leave until cold. Dissolve gelatine in hot water, add to the mixture; beat egg whites and salt, add to the mixture, fold in the cocoanut and flavouring; line a mould with any fruit and pour in mixture.

**SPANISH CREAM.**—2 dessertspoons gelatine, 1 pint milk, 4 dessertspoons sugar,  $\frac{1}{2}$  cup hot water, 2 eggs, essence of vanilla. Beat yolks of eggs and sugar together, add to milk; heat until mixture boils and coats the spoon. Remove from fire, dissolve gelatine in hot water, add to custard; beat egg whites until stiff, and stir in; flavour to taste and pour into mould. The custard must only just boil.

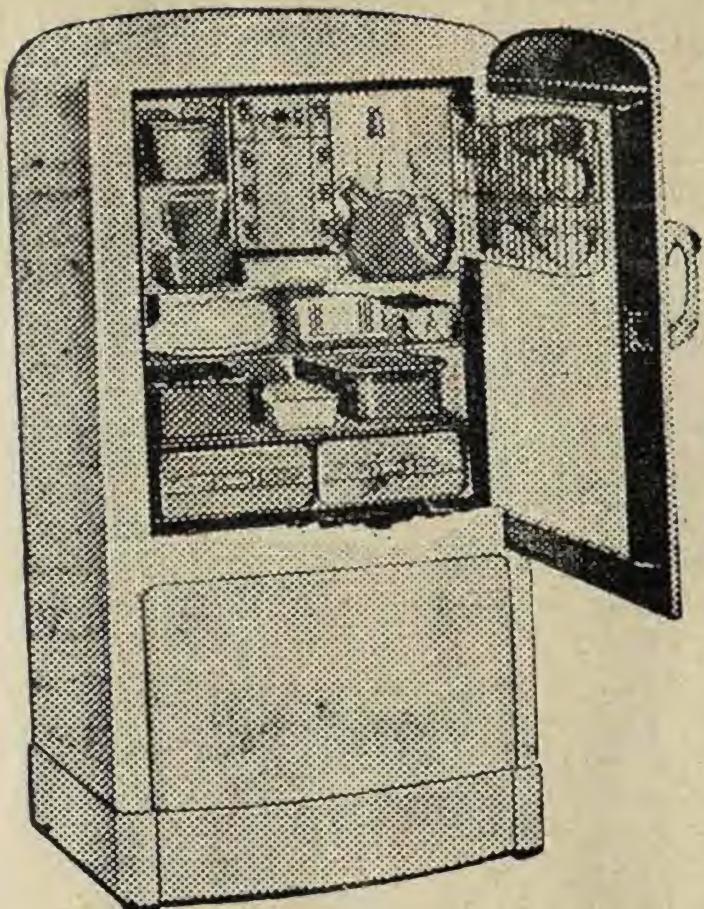
**BUTTERSCOTCH SPONGE.**—3 teaspoons gelatine, 1 cup brown sugar, 2 tablespoons butter,  $1\frac{1}{2}$  cups hot milk,  $\frac{1}{2}$  cup hot water, 3 eggs, pinch of salt, few drops vanilla essence. Make a thick paste of butter and sugar, add hot milk, pour over beaten yolks of eggs. Heat until smooth like custard; do not boil; leave until cold. Add gelatine dissolved in hot water, add essence; beat whites of eggs and salt until stiff, whisk into mixture when it is beginning to set, pour into mould and cool off.

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## JELLIES.

**JELLIED RICE BORDER.**—One pint packet raspberry jelly, 4 ozs. rice,  $1\frac{1}{2}$  pints milk, a piece of lemon rind, a small tin fruit salad, or some stewed fresh fruit, 2 ozs. sugar, cream. Put rice in saucepan with milk and sugar and bring to boil; cook until tender with lemon rind until milk is absorbed, then take out lemon rind. Dissolve jelly as directions on packet, using fruit juice to make up required liquid, then stir half of it into rice. Turn rice into mould to set, and leave rest of jelly to set. When rice is set turn it out on dish, put fruit in centre; chop up jelly and pile around. Serve with whipped cream.

**PINEAPPLE MOUNTS.**—One small tin pineapple, 2 ozs. blanched almonds, 1 pint of packet pineapple jelly, 1 small tin of unsweetened condensed milk, cream. Dissolve jelly in heated pineapple syrup, making this up to rather more than half a pint with hot water if necessary. When nearly cold beat in slightly diluted condensed milk to make up one pint. Chop up pineapple and almonds and add to the jelly. Fill small moulds with mixture, and leave to set. Turn out when cold and decorate with whipped cream, pineapple and almonds.



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**PRUNE MOULD.**—8 ozs. prunes, water, sugar (2 ozs.), 1 lemon,  $\frac{1}{2}$  oz. gelatine, 1 pint packet lemon jelly. Wash prunes well and leave them to soak in cold water to cover for 12 hours or over. Dissolve jelly in three-quarters pint of hot water, and leave to set. After prunes are well soaked put them in saucepan with water they have soaked in, with sugar, and stew until tender; then rub them through a sieve into a basin, add strained juice of lemon, also grated rind. Dissolve gelatine in half a gill of water, and strain it into the prunes; stir all together and pour into mould. Leave it until set, then turn into a dish. Beat up lemon jelly and serve it in centre and around prune mould.

**LEMON CREAMS.**—2 eggs,  $\frac{1}{2}$  oz. gelatine, 1 pint water, 8 ozs. loaf sugar, 1 gill cream. Melt the gelatine in boiling water and strained lemon juice, first rubbing the sugar on the lemon rinds to get the flavour. Add sugar, and stir until dissolved. Beat up eggs, and when cooling strain the gelatine mixture on to them and mix well. Whip in the cream, and turn into small moulds to set.

**JELLY CASTLES.**—1 pint of mixed stewed fruit and juice, sugar to sweeten;  $1\frac{1}{2}$  ozs. powdered gelatine, cherries, cream. Rub fruit and syrup through a sieve, then put in saucepan with sufficient sugar to sweeten. Melt the gelatine in about one gill of water, pouring boiling fruit on this and stirring well. Add a few drops of colouring if needed; then pour into small moulds and leave to set. Turn out and put a blob of whipped cream on each, and decorate with a cherry.

**GOLDEN JELLY.**—Two packets orange jelly, 1 pint hot water, 1 lb. marmalade. Dissolve the jellies in hot water, then stir in the marmalade. Stir until it has melted and all the ingredients are well blended. When jelly is on point of setting, turn into a damp mould, and put into a cold place until firm. Turn out on dish to serve, and even put into small moulds and serve on individual plates.

**GRANDMOTHERS' JUMBLES.**— $\frac{1}{2}$  cup of butter, 1 egg,  $1\frac{1}{2}$  cups flour, 2 tablespoons baking powder, 1 white of egg, 1 teaspoon cinnamon, blanched almonds, 1 cup sugar (brown). Cream the butter and sugar and gradually mix egg, well beaten, into it; add flour mixed with baking powder; chill, and roll one-eighth of an inch thick; cut into rounds, and brush over with the white of egg, then sprinkle with four tablespoons brown sugar mixed with cinnamon. Split the almonds and arrange three halves on each round, equal distances apart. Bake in moderate oven. 10 to 12 minutes.

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A traveller for a cycle firm was expecting an interesting event in the family, and before going away asked the nurse to wire him when it happened. If a boy, "Gents' model arrived." If a girl, "Ladies' model arrived." He received a wire; there was one word—"Tandem."



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## SWEETMEATS.

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**PEPPERMINT CREAMS.**—1 pound icing sugar, 1 white of egg, 1 teaspoon cold water, 1 dessertspoon lemon juice, oil of peppermint. Sieve the sugar, beat up white of egg, add sugar, slowly mixing with knife. Halfway through, add water and lemon juice, and when all well mixed, add oil of peppermint to your taste. Mix well and knead into dough with your hands, using a little icing sugar to prevent sticking. Roll out on board sprinkled with about quarter of an inch of icing sugar; cut into rounds and put on grease-proof paper on rack to set.

**COFFEE CARAMELS.**—1 lb. sugar, 6 ozs. of glucose, 1 gill of water, 3 ozs. of butter, 1 gill of condensed milk, coffee essence, vanilla. Put sugar, water and glucose into saucepan, and boil to temperature of 245 degrees Fahr. Add condensed milk, butter and coffee essence to flavour; stir gently. Boil again, but do not stir, but take care it does not burn. Flavour with vanilla at the last. Pour into tin, cut into small squares when cool, wrap in greased paper if desired.

**ALMOND TOFFEE.**—1 lb. brown sugar,  $\frac{1}{2}$  teaspoon cream of tartar,  $1\frac{1}{2}$  ozs. of butter, 1 gill of water, 2 ozs. of roughly-chopped almonds. Put the sugar, cream of tartar and water into saucepan and heat slowly until sugar is dissolved. Then boil until a little will snap when tested in cold water. Add the butter, in small pieces, boil again for a minute or two, then stir in the almonds; pour into greased flat tin, spread evenly, and cut into small pieces when cold.

**NUTTY FUDGE.**— $10\frac{1}{2}$  ozs. castor sugar, 2 ozs. butter, 2 ozs. chopped nuts, 1 tablespoon orange juice,  $\frac{1}{2}$  gill of milk. Boil the milk and sugar together for five minutes, then add the butter, orange juice, and stir occasionally until a temperature of 240 degrees Fahr. is reached. Remove from fire, add the chopped nuts, and beat until smooth and creamy. Pour into greased tin and when nearly cold, cut into squares.

**MARSHMALLOWS.**—8 ozs. icing sugar,  $\frac{1}{2}$  oz. gelatine,  $\frac{1}{2}$  pint water, 4 ozs. gum arabic, the whites of 3 eggs, flavouring and colouring. Soak the gum arabic and gelatine in water until soft, then heat gently until dissolved, and strain through fine muslin. Add the sugar, and when dissolved stir in the whites of three eggs and whisk until the mixture is quite stiff. Flavour to taste and colour if desired. Spread on a tin dipped in cold water and let stand for twelve hours. Cut into small pieces and roll in icing sugar.

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If we can't make light of our troubles we can keep them dark.

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Queen St. : AUCKLAND

## COOKING HINTS.

---

Prevent milk curdling by adding a pinch of carbonate of soda to each quart before boiling.

Try flavouring your fish with orange juice instead of lemon for a change, and see if you like it.

Warm the jam before spreading on a sponge, then it will not soak through.

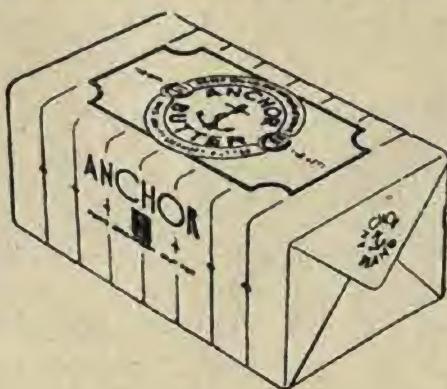
Beat the thickening for gravy with egg-beater—it will not need straining.

When making bread custard, soak the bread in milk first; it gives a better flavour.

When making pickles, add two or three lumps of sugar to vingear; it improves all pickles.

Before putting fruit into a cake warm it, and flour it well, and do not stir the cake much after the fruit has been added, otherwise it will sink to the bottom.

Next time you are cooking sausages, before removing from frying pan, split each one open and sprinkle with dry curry powder. Close them up again and cook for another couple of minutes.



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PHONE 54-350.

When cooking gooseberries add a few drops of vanilla essence; when cooking rhubarb add a pinch of ground ginger. These surprisingly improve the flavour of these fruits.

If you want to keep a pumpkin or marrow that has been cut, remove all the seeds and dust the inside and cut edges with flour. This will preserve them for several days and you can easily wash the flour off before cooking.

**SCONES** will be much lighter if you add a tablespoon of corn-flour to flour when cooking same.

**APPLE DUMPLINGS.**—Do not take the cores out of the apples when making apple dumplings: the pips impart a delicious flavour.

**SALAD DRESSINGS.**—Add a pinch of bicarbonate of soda when making; it prevents curdling.

**CAULIFLOWER.**—When cooking, add half a cup of milk to the water: it makes it white and gives a delicious flavour.

**PASTRY.**—When cutting pastry for patterns, dip the cutter in hot water.

**FAILURE IN FRYING** is caused through insufficient fat, insufficient heat of fat, wet surface of articles to be fried.

**BOILED MILK.**—In adding boiling milk to eggs, first just put in a spoonful at a time, then the eggs will not curdle.

**TO STONE RAISINS EASILY.**—Pour boiling water over and let them remain in it a short time.

**MUSTARD.**—Mix mustard to a paste with hot water and a good proportion of salt to prevent it going stale.

**OVEN HEAT.**—Small cakes require a hot oven, but large rich cakes require slow baking.

**TO KEEP MILK SWEET.**—A tiny pinch of carbonate of soda or salt put into milk as soon as it arrives helps to prevent it turning sour.

**RANCID FAT.**—You can easily sweeten this. Melt it, and drop a piece of crisp brown toast into it; leave five minutes, and it will be quite sweet.

**HAM.**—After boiling your ham, plunge it at once into cold water, then the fat will harden white and firm, and the lean meat acquire a fine colour.

**BURNT CAKES.**—If you burn your small cakes, scrape off the burnt part, brush over with a little melted jam, and roll them in dessicated cocoanut.

**ONION SKINS.**—The outer brown skins of onions should be saved when peeling same. They will improve the colour of soup, and increase the flavour and clearness if added to same.

**MILK FOR CAKES.**—Fresh milk makes cakes that cut like a pound cake. Sour milk or buttermilk makes a light, spongy texture.

**BOILED RICE.**—Add a good squeeze of lemon juice to the water when boiling rice; it helps to make the rice whiter and keeps the grains separate.

**WHEN COOKING ACID FRUITS** put a small pinch of carbonate of soda in; less sugar will be needed, and you will get a greatly improved flavour.

**WHEN COOKING FISH,** sprinkle lemon or vinegar over it and let it stand for ten minutes. This will improve both the appearance and flavour.

**WHEN COOKING FRUIT,** add a little salt; you will be surprised at the improved flavour. A pinch of salt is sufficient for a fruit tart; a little extra for pie.

**SUBSTITUTE FOR BUTTER**—Beat your beef or mutton dripping to a cream with a little baking powder and a squeeze of lemon juice. It will lose all taste of dripping and is very light for pastry and cakes, and more economical than butter or lard.

**TO PRESERVE LEMONS.**—Rub thoroughly with dry cloth until skins are clean, roll then in beaten white of egg and let dry. They will keep for months. When requiring to use, rub coating off with hands and they are as good as fresh lemons.

**SUBSTITUTE FOR EGGS.**—When eggs are scarce, a tablespoon of golden syrup in a cup of warm milk equals three eggs in making puddings. Golden syrup will serve the purpose of sugar, eggs, milk, when used in making a pudding, and will keep it moist.

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AGENTS THROUGHOUT NEW ZEALAND.

## NEW AND VALUABLE HOUSEHOLD HINTS.

---

Fruit stains on linen will disappear in a few moments if you dab the spot with a drop of liquid ammonia.

If a room is inclined to be damp, place a block of camphor in each corner. This will draw out the dampness.

Half an ounce of methylated spirit added to the last rinsing water will make a tablecloth look more glossy than usual, and it will not need to be starched.

Next time you make your window curtains, have the top and bottom hems alike. If the lower part fades or wears you can easily reverse the curtains.

Ink stains can be removed from linen if the stained portion is dipped in a little melted fat. When the article is washed the stain will disappear.

An Excellent Window Cleaner.—Strain any tea left in the tea-pot into bottles; add teaspoonful of glycerine to each pint. Cleans windows splendidly.

You can get rid of ants if you sprinkle a mixture of fine sugar and plaster of paris about their haunts. Ants eat a certain amount of the paster with the sugar, and soon die off.

Rolled gold jewellery which has become discoloured can be made to look as good as new by placing it in a basin with sour milk. Allow to stand for twenty-four hours, then take out and wash in warm, soapy water; polish with chamois.

Frayed Shirt Cuffs.—If the men's shirt cuffs are frayed, undo the stitching between cuff and sleeves, turn cuff and machine together again. The worn part is next to sleeve and quite invisible, and as good as new.

To Mend Broken China.—Tie the broken part on with string; put into cold milk, allow to come to the boil, and let it boil for two hours. Take it out and leave to set for twenty-four hours, then untie string and put article in everyday use again. Washing in hot water does not hurt it; hot water only tends to harden the mend.

Use your clean orange and lemon rinds. Cut into strips and dry thoroughly until brittle, put through the fine crumber of your mincer and store. One or two teaspoonfuls used in cakes or puddings adds to the flavour. It also improves the flavour of gooseberry, rhubarb and strawberry jams.

If you are without a cooler or refrigerator try this method of keeping your butter cool. Wrap butter in grease-proof paper, then roll tightly in wet newspaper and place in coolest part of your cupboard. Keep the newspaper wet and your butter will keep firm.

THE BEST HINT IN THE BOOK

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# **BAIRD & WHYTE**

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**TO CLEAN CORK TABLE MATS.**—Put into a bowl of clean cold water and rub with a piece of smooth pumice stone. Rinse under a running tap, and put into a cool place to dry. Do not use soap or warm water.

**PROLONG THE LIFE OF YOUR SILK STOCKINGS.**—When new put them into luke-warm water to which has been added one or two tablespoons of salt. Squeeze them out, and then dip into warm soapy water and then hang out to dry.

**NON-SLIP FLOOR POLISH.**—Place a small lump of floor polish in a bucket, pour sufficient boiling water over to dissolve, then add soapy water and wash your floors as usual. This is a particularly safe way of polishing your floors where there are children.

**A CHEAP FIRE.**—Keep your potato peelings; dry them, and they will keep your fire burning all the afternoon. Also roll up old newspaper into large balls after wetting same, and place on fire. These will gradually burn through, and last all the evening.

**TO REPAIR A CARPET.**—If you have a hole in the carpet, through a hot cinder burning it, you can easily repair it. Place a fine knitting needle over the hole and oversew with wool as near colour as possible. Pull our needle and place very close to previous row. Sew again and continue until hole is covered. Cut through loops of wool, give a little brush, and you will hardly notice the mend.

**DON'T THROW AWAY YOUR TEA LEAVES.**—They will clean your crystal flower vases and glass jars. Put them straight out of the teapot into the vases and fill with hot water. Leave overnight, and when removed in the morning the stain on glass will easily wash off. Boil tea leaves in the pan used for cooking fish and the fishy smell will disappear. Keep tea leaves several days and then infuse again with boiling water; when strained they make a good polish for windows, mirrors, etc. Sprinkle them on the flower beds—they improve the flowers, particularly violets.

**LEMONS ARE VALUABLE.**—They quickly clean brass, and lemon juice will mitigate the pain of bee stings. Lemon juice will prevent chilblains; rub well in. They will cure neuralgia and headache; rub parts affected. They will prevent falling hair and destroy dandruff; rub the scalp with lemon. Stains on the hands from peeling fruit or vegetables disappear when rubbed with inside of a used lemon. Lemon juice whitens the finger tips and softens the cuticle. The juice of half a lemon added to stewed fruit improves the flavour. Lemon juice put into the water in which fish is boiled makes the fish firmer and improves the flavour. When peeling apples, pears, or artichokes, drop them into water containing lemon juice; it makes them white. Artichokes should always be boiled in water to which is added lemon juice. When boiling rice, add lemon juice to water; the rice will be beautifully white.

## A WONDERFUL HOUSEHOLD HINT

Let Us Renovate Your Old Silverware. We can restore tableware to its beautiful new appearance at a fraction of the cost of the new article.

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# HEALTH FOOD RECIPES FOR HEALTH DIETS.

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Don't throw away vegetable stock—therein lies much valuable food material.

Kumeras, parsnips, onions, swede turnips, may be smeared with butter, and roasted in their jackets.

You can either cook vegetables to preserve all their valuable juices in casserole or in airtight basin or pot, and steam like a pudding.

If you have any juice from any vegetable left over, put this into saucepan and boil other vegetables in this liquor instead of water.

A new way to cook peas. Lay a few lettuce leaves at bottom of saucepan, sprinkle with salt, a little sugar, and put peas in with mint; replace lid of pan. The steam from the lettuce, together with moisture from peas is sufficient to cook them.

When preparing greens, cauliflowers, etc., instead of soaking in cold water or salted water to draw out any insects, trim cabbage or cauliflower and place head downwards in warm water half an hour. The insects will crawl out and sink to bottom of pan.

You should never eat boiled vegetables. They should be steamed in double boilerette, just adding very little water, so that they are cooked in their own juice. When they are boiled the valuable food material is lost. Treat them as you would treat meat; conserve their juices, which is the most valuable asset. Always have water part boiling in the bottom cylinder of saucepan before putting the vegetables into inner pan.

**POTATOES.**—Scrub well and steam without peeling. The valuable potash salts lie under the skin.

**CARROT SOUP.**—6 or 7 (if not large) carrots, 1 medium-sized onion, 1 teaspoon meat extract, 3 pints stock, vegetable or meat, or milk and stock, little butter, ground celery seed, brown sugar. Cut carrots and onions small, and simmer gently until soft with little celery seed, mash well with fork, season with pepper and salt, add 1 teaspoon sugar, or little cream will improve this soup.

**ONION SOUP.**—6 good-sized onions, 3 pints stock, full teaspoon mixed herbs, little ground mace or nutmeg, 2 ozs. butter. Peel and chop onions, fry in fat until deep brown (do not burn). When nearly done add herbs; stir in as much wholemeal as butter will absolve; stir with wooden spoon over low heat for about 15 minutes; add cold stock slowly, let it come to the boil, and then simmer for 15 minutes. Season to taste.

Why, how lovely you look, your skin  
is marvellous.

I have had all those terrible, disfiguring  
hairs and hairy moles destroyed, isn't it  
wonderful?

Wherever did you go my dear?

To **Miss Hunter** at the **Raynor Beauty Salon**,  
**Where is that?**

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first lot of buildings round the corner from  
Wyndham Street, where the Farmers' Bus starts.**

Was it painful and did it take long and  
how was it done?

Well you see Miss Hunter has had  
training and experience all over the world,  
America, England and India etc. and she  
really makes it painless, that's an absolute  
fact. She treats the skin first and when  
it is deadened, each root is treated  
individually with electricity from  $\frac{1}{2}$  to 4  
seconds, much quicker than the old  
multiple needle method which she still  
uses for moles and warts, several of  
which can be eradicated in one sitting  
only.

## *Miss J. Hunter*

B.A., D.D.S. (Reg. N.Z.)

**Superfluous Hairs, Moles, Warts Destroyed.**

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**YEAST AND VITAMIN "B."**—The digestive tract depends for its proper functioning and tone upon the vitamin "B" group. The nervous system must fail if the supply is inadequate. Starches and sugars cannot be burned for health and energy without this group. Yeast contains the whole "B" group and is a splendid source of supply. See next page.

**OYSTER SOUP.**—1 qt. oysters, 1 small onion,  $\frac{1}{2}$  cup of butter, 1 qt. milk, 2 large stalks celery, bit of mace, parsley, and salt. Chop oysters a little, return to liquor and heat slowly to boiling point. Bring the milk to scalding point with the onion, celery, mace, and parsley; strain, add oysters and liquor, season with salt. The yolk of one or two eggs well beaten could be added just before serving.

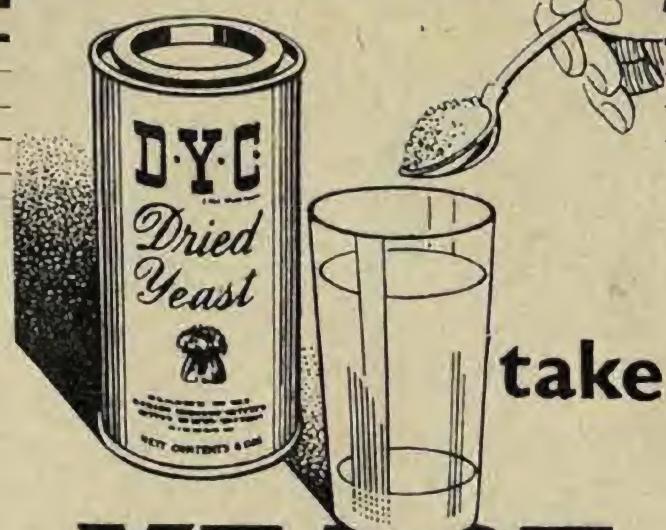
**FISH** is one of the best foods to serve if you can absolutely depend on its freshness; it's so easy to digest; slow, long cooking is much better than quick, hard cooking. A dressing of lemon juice with fish helps with its digestion.

**BROILED FISH** requires about 10 minutes to a pound, if thick; 5 minutes, if thin; lay it on an old serviette or cloth, then you can lift it out without breaking; put fish in hot water when cooking; serve with butter and salt.

**BAKED FISH.**—Wash and dry in a cloth; lay flat in a pan, skin side down; butter the pan first, and put a few pieces of butter, or one or two strips of bacon on top of fish; add just a little water. Bake for half-hour or until golden brown, in rather hot oven. Serve with white sauce or with salt and butter.

**OYSTERS AND TRIPE.**—About 18 oysters to 1 lb. of tripe. Wash tripe and put into cold water and bring to the boil; put into cold water again; cut into neat pieces and cover with cold water; bring to the boil and simmer about 3 hours, adding one or two onions. Beard oysters, strain their liquor, and scald them in it; make white sauce, add oyster liquor, boil about 4 or 5 minutes; add tripe and oysters, and warm thoroughly. Do not boil after putting oysters in.

**VEGETABLES.**—Do you know that raw vegetables are the highest order of foodstuffs? In nutritive value they are superior to cooked foods. The cleaning and choice of vegetables should be carefully done. For healing purposes, whole meals can be prepared from raw vegetables: fruit, nuts, or raw vegetables alone. The healing effects from such diet is astonishing, and unfortunately, very little known or practised. By adding herbs, onions, leeks, etc., and even the addition of olive oil and cream, helps to increase the caloric value of these dishes. The fat in these help, especially in cases of diabetes. Do not add salt, as raw vegetables, rich in nutritive minerals, have their own salt. If you really must have salt with them, add as little as possible. When preparing salads of raw vegetables, scrub earth off radishes, scrub (do not scrape) carrots (then grate on shredder). Wash cucumber; do not peel; cut into squares, not wafers.



# YEAST FOR HEALTH

Drink your own good health every morning in a foaming glass of D.Y.C. Dried Yeast! D.Y.C. Dried Yeast, rich in essential vitamins B1 and B2, is pleasant to take, easy to prepare and is recommended by dietitians for lack of appetite, indigestion, headaches and nervous disorders. Mix a teaspoonful in half a cup of tepid water with a teaspoonful of sugar, stir well and leave overnight. In the morning, stir again and drink. D.Y.C. Dried Yeast is sold at all chemists and stores—3/9 for a 6oz. tin—a small price for good health! Take D.Y.C. Dried Yeast daily and feel 10 years younger!

**D·Y·C**  
**DRIED YEAST**

Dominion Compressed Yeast Co. Ltd.  
Box 10, Auckland, N.Z.

**BEETROOT**.—Bake or steam. It will take about 2 to 4 hours, according to size.

**A GOOD SALAD DRESSING.**—1 egg, 2 tablespoons of lemon juice (including the fleshy part of the lemon), 2 tablespoons of raw sugar, 1 dessertspoon butter. Beat the egg thoroughly, add other ingredients; mix and stir over medium heat until it is the thickness of liquid cream; do not allow to boil. Use enamel saucepan; aluminium discolours. This dressing will last a long while.

### HEALTH SALADS.

**DANDELION SALAD.**—Young dandelion leaves, uncooked beetroot, hard-boiled eggs, olive oil, lemon juice. Pick over, wash and dry well, dandelion leaves; toss them in olive oil, add a few drops lemon juice, mix with thinly-sliced beetroot, and garnish with eggs.

**WHITE "CABBAGE" SALAD.**—1½ ozs. white cabbage, finely cut; put in bowl with weight pressed on, to soften it, and leave for several hours. ¼ oz. pure olive oil, ¼ oz. lemon juice, 1 teaspoon finely-chopped parsley sprinkled over it.

**WATERCRESS AND WALNUT SALAD.**—Fresh watercress, tender radishes, raw carrots, cucumber, shelled walnuts. Make centre of raw carrot, after scrubbed and grated; arrange watercress round it, decorate with radishes and cubes of cucumber, and sprinkle chopped walnut over it. Served with cheese, it's particularly delicious.

**CAULIFLOWER SALAD.**—1½ ozs. clean raw cauliflower, grated; mix with ¼ oz. olive oil, ¼ oz. cream, ¼ oz. lemon juice, 1 tablespoon finely-chopped spinach sprinkled over it.

**ANOTHER GOOD HEALTH SALAD.**—1½ ozs. finely-grated carrots, mixed with ½ oz. olive oil, ½ oz. lemon juice, ¼ oz. cream, 1 tablespoon finely-cut leeks sprinkled over it.

**FRUIT MEDLEY.**—1 lb. washed and stoned dates, 2 large apples, 2 bananas, lemon juice, nuts, some desiccated cocoanut, cream. Chop dates, grate apples, slice bananas finely; mix together, along with lemon juice and nuts; press into deep dish, turn out when firm and cover with cocoanut. Serve with cream.

**NEW ZEALAND FRUIT SALAD.**—The leaves from the heart of lettuce; wash, drain and arrange on plates the shape of cup; into each arrange two halves of stewed or preserved peaches, apricots, pears, or nectarines. Sprinkle over a little grated raw apple and lemon juice; pour over a little salad dressing, sprinkle with chopped walnuts, and decorate with cherries, strawberries, or raspberries.

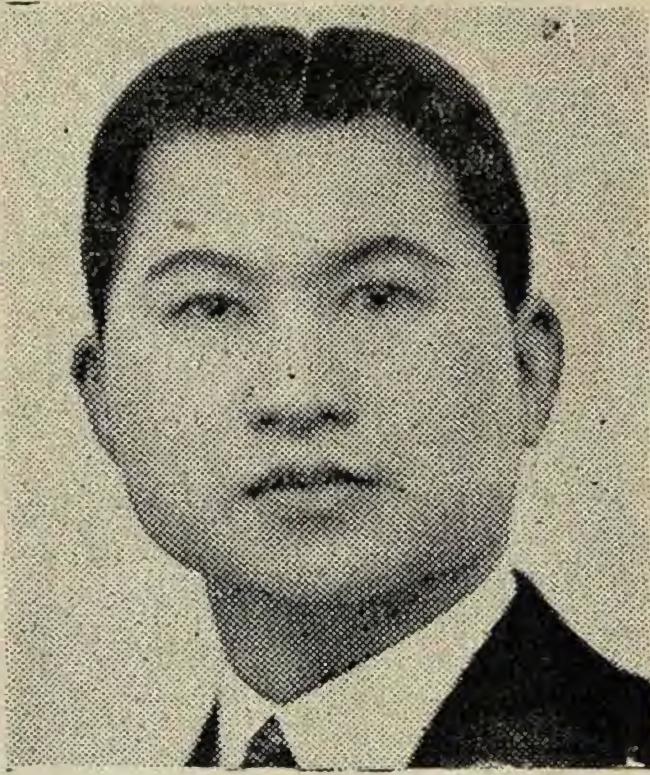
**RADIANT HEALTH  
SHOULD AND CAN  
BE YOURS!**

The "Young" herbal method of treatment gains results where other remedies fail.

## **YEE. S. YOUNG**

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HERBAL  
SPECIALIST,**

Late of Pooyan University, Hong Kong, and post-graduate work in Canton, China.



Mr. Young succeeds in healing the most desperate ailments to which the human body is subject. Amongst these are cases diagnosed by orthodox physicians as:— Asthma, piles, ulcers, rheumatism, diarrhoea, phlegm, stomach troubles, indigestion lumbago, paralysis, kidney and bladder trouble, catarrh, neuritis, tonsilitis, bronchitis, coughs, anaemia, gastritis, psoriasis, eczema, all skin diseases, falling hair and dandruff.

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## **YEE. S. YOUNG,**

**CHINESE HERBAL SPECIALIST,**  
(Premises lately occupied by Kwong Simpson)  
**71 VICTORIA STREET W.,**  
**AUCKLAND C.1.**

## HEALTH AND BEAUTY HINTS.

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Sugar rubbed well into the hands, when washing them, will not only clean, but remove all roughness, and leave the hands smooth and white.

**INFANTILE DIARRHOEA.**—Why is summer the most dangerous time of the year for this serious infantile complaint? The answer is simple! Most babies are fed on liquid food, which is specially liable to ferment in hot weather. Milk becomes infected with germs—"goes bad"—and becomes poisonous more than any other food. The hotter the weather the quicker the germs grow and flourish. If you do not exercise great care in the selection of your milk supply, the cleanliness of billies, jugs (that's why it is safer to select a good bottle milk supply), and the place where the milk is kept, it may even go bad before you are ready to use it. Tainted pasteurised milk is more dangerous than unheated milk that has gone bad in the ordinary way, therefore you should be careful to keep even bottled or pasteurised milk cool and loosely covered, not "capped," or free of access of air. Summer diarrhoea tends to attack the bodily unfit more than the fit. It is necessary to keep babies in good health and condition to resist attacks of germs. In warm weather calves and babies both suffer, and sometimes die from this scourge—"Summer diarrhoea"—because man takes the cow's milk for himself, and the baby is sacrificed because the mother's breast is denied it, and improper food containing germs is substituted for the pure, blood-warm milk from nature's proper source. So you see how vital it is to secure the purest milk from the best milk supplies, and prevent, in every way, the possible growth of germs in same.

**COUGHS AND COLDS.**—There is no such thing as a "common cold." Thousands are in their graves to-day by neglecting what they termed a "common cold." I am sure if the average mother was to take more care of the children when they have colds, and keep them warm, there would not be a quarter of the serious troubles there are to-day. Coughs and colds rob the system of its natural resistance, and are the stepping stones to more serious complaints. For the ordinary cold try a teaspoonful of roasted lemon juice, add equal part of water, and a level teaspoonful of baking soda.

### YOUR FEET.

**TIRED FEET.**—A cake of camphor, ground and dissolved, in a bottle of methylated spirits, is an excellent remedy for tired and aching feet. Keep away from fire.

To soften hard skin, soak the feet every night in hot water, to which you have added foot salts, or a little soda; salt and hot water is excellent for tired feet. Dry feet well and massage

**CHIROPRACTIC means HEALTH**

# **GILES & GILES**

**(PALMER GRADUATES.)**

Chiropractic is the Most Natural Known Method of Getting Sick People Well without the use of drugs or operations.

**Phone 42-525. Consulting Rooms: Phone 42-525.  
405 DILWORTH BLDGS., CUSTOMS ST.,**

## **AUCKLAND.**

The only value of money is to spend it.

The modern girl never lets a fool hug her, or hug fool her.

Many women are less well shod than horses.

Don't argue at meal times, it's bad for the digestive system.

After the age of 40, you would be much healthier if you only had two meals a day.

Life can be cruel to the young, but they have the great weapon of youth to fight with. When life is cruel to the old, they are defenceless.

It's a woman's right to refuse to have a child if she doesn't want one.

Have as many babies as you can.

Earlier marriage and easier divorce would result in a great deal less suffering in the world.

Marriage should be regarded in the same light as a business contract.

If rosy cheeks are a sign of health, some girls are healthier on one side than the other.

with olive oil or lanolin; pay attention to toe nails and any hard parts there may be. After your morning bath rub any hard skin with a well soaped piece of pumice stone, then powder the feet with boracic powder. All corns and callouses should be properly treated by a chiropodist, if long standing and very painful. Always see your toe nails are cut regularly, and straight across, not curved.

### YOUR HAIR.

If you want to darken your mousey-coloured hair, rub hot olive oil into the scalp at night, then wash with carbolic soap and hot water the next day, and rinse with cold water. Dry well, and rub for a few minutes with the fingers up through the hair. You will find hair grow quite dark from the roots upwards, and continue to do so. This treatment is also good for very dry scalp and hair. Continue it twice weekly for a few weeks.

**SCURF.**—Fill sewing machine oil can with kerosene and pump onto the scalp. The dandruff will quickly rise and can be combed out. Wash with warm, soapy water, and repeat in a few days if necessary.

**BALDNESS.**—Boil about four handfuls of Common Box, which grows in borders of gardens, leaves and stems, in 3 pints of water, in closely covered vessel, for one hour. Let it stand 10 hours, add 1½ ounces of eau de cologne or lavender water to make it keep. Wash head with this solution every morning.

**HEALTHY HAIR.**—Stimulate the scalp before shampooing by grasping pieces of hair close to the roots and tugging each tuft several times; go all over the head; it brings healthy new blood to the hair roots. Wring out a soft Turkish towel in hot water, and wrap round the head. Do this several times. Allow the last towel to remain on until quite cool. Avoid using spirit shampoos too often, they tend to dry scalp and hair. For dandruff apply sulphur salve to scalp; leave on for at least one hour before shampooing.

**LINSEED TEA** (by request of reader).—Take three tablespoons of whole linseed, add one pint of water, and boil for ten minutes. Strain off the water and pour it into a jug containing two sliced lemons. Sweeten to taste with honey or brown sugar.

**EYE TROUBLE.**—If you have any foreign substance in the eye, don't rub it. Pull the lower eyelid down and let someone see if they can see any foreign body. If so, it may be removed with a small camel hair brush, or even the corner of a handkerchief twisted tightly and moistened in cold water. If no eyebath handy, and the foreign substance cannot be seen, try a basin of cold water and put the face right in it and keep opening and closing the eye, then gently massage the eye towards the nose. If this does not relieve, and the eye is inflamed, cover with handkerchief



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soaked in cold water until doctor can be consulted. Your eyes are delicate organs, and valuable assets to you; take no risks. Headaches, too, are often the warning signal of eyestrain. If at night when reading, the print appears blurred, it's a sign help is required, and it certainly pays to consult a qualified optician. Glasses nowadays are made so comfortably fitting, and our eyes are so precious, it pays to give them the attention they deserve and require.

**RHEUMATISM, LUMBAGO, SCIATICA, ETC.**—Here is a good embrocation that has been tested and handed down from our grandparents. One raw egg (well beaten), half a pint of vinegar, one ounce of spirits turpentine, half ounce of wine, half ounce camphor. Beat these ingredients well together; put in a bottle. Shake again well for 10 minutes and cork tightly to exclude air. Rub affected parts two or three times daily. For neuralgia, rub back of neck and behind ears. Sciatica, neuritis, lumbago are nervous complaints, and chiropractic is taking a front place now in the treatment of nervous ailments. Chiropractic adjustments correct abnormal spines, restore body tone, correct posture, and remove the source of nerve interference. The standard of chiropractic is very high, and ensures that chiropractors are competent to deal with disease and health problems in a professional, dignified and qualified manner.

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He was a retired colonel, and as a hobby had turned his hand to gardening. His neighbour was also an enthusiastic gardener, and one day the colonel was complaining to him that he was getting no results from his pumpkin plants. "Perhaps it's the scarcity of bees," suggested his neighbour. "You really want to inoculate the flowers. Try doing this with a small camel hair brush, as I do. Just take the pollen from one flower with the brush and put it into another flower." The colonel listened patiently, and then turned to his neighbour in a furious temper. "My God!" he shouted, "just to think of it! After 40 years or over, of soldiering, you dam' well think I have retired and come home to be a dam' 'stud groom' to a dam' pumpkin. Never, sir; by God, never!"

A Maori up North, troubled with a bad tooth, and wishing to have it extracted, visited a dentist. "What d'ya charge to pull a tooth out?" he asked. "Seven-and-six with painless, and two-and-six without painless," replied the dentist. The Maori replied he would take painless, and seated himself in the dentist's chair. Having administered the painless the dentist left the room in order to allow it to penetrate the gums. The Maori immediately grabbed his hat and rushed out of the building, then dashed into another dentist's room and again questioned, "How much to have a tooth extracted without painless?" "Two-and-six," he was told. "O.K.," said the Maori, triumphantly, "pull him out without painless."

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**WHY NOT YOU ?**

## HOW TO TELL FORTUNES BY TEACUPS.

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Hold the cup in right hand, sloping it towards you, so as to look right into it. The leaves clinging to the side next to you are luckiest. Those on the opposite side not so good, those at the bottom bad.

Thus, a single leaf on the near side means a letter with good news; on opposite side, slight worry and annoyance; on the bottom of cup, bad news, and so on with other signs.

The best signs are when there are a great many small leaves or signs, or letters, on the near side of the cup; few on the other, and none on the bottom. Tea leaves on the edge of the cup, almost, or quite joining in a ring, foretell an important journey and success at the end. Leaves, if they lie along the side of the cup, more or less thickly, and end in a point, represent time, the coming year. If they are neatly arranged, without ragged edges, things will run very smoothly; but if very ragged, difficulties and worries. If one long stalk is near the edge of the cup it foretells a happy marriage—to an unmarried woman; a good friend to a married person. If three leaves come together to form a triangle, it means family changes. On the side near to you, a rise in social scale; at bottom, obstacles that will delay any changes.

If you can see "a letter" it means unpleasant news, bad tidings, or news of accident among clouds; but if in clear part of cup, good news; if surrounded by dots, lots of money.

**A COFFIN.**—If in thick clouds, long illness or a death; if in the clear, long life; if in thick at top of cup, a legacy; if at the bottom of cup, a legacy from a distant and remote relation.

**STAR.**—If in clear, happiness; if in clouds, long life, but troubles; if dots about it, great fortune, wealth and honours. **Several stars:** Denotes good children; if surrounded by dots, they cause grief.

**DOG.**—Either faithfulness or lucky; on top of cup, true friends; if surrounded, faithless friends; at bottom of cup, envy and jealousy.

**LILY.**—At top or middle of cup, a virtuous spouse; if at bottom, the reverse; in the clear, long and happy life; clouded, trouble and vexation from relations.

**CROSS.**—Adversities; on top of cup in clear, misfortune will soon end; middle or bottom of cup, in thick, severe trials; if with dots, a speedy change from sorrow.

**CLOUDS.**—In light halves, good result from wishing; with dots, success in trade. The brighter the clouds the greater the success and happiness.

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**SUN.**—The greatest luck; but if in thick tea leaves, grief; surrounded by dots, a great alteration in your prospects, and speedily.

**MOON.**—If clear, high honours; in thick, sadness; if bottom of cup, the person will be unfortunate.

**MOUNTAIN.**—One mountain, favour of people of high rank; several in thick part of leaves, powerful enemies.

**ROADS OR LINES.**—If dots near or over, gain of money or long life.

**RING.**—A marriage; if letter near it, initial of party; if ring in the clear, happy and rich marriage; if cloudy, be very careful in regard to contract; if ring at bottom of cup, separation from your beloved.

**CLOVER LEAF.**—Lucky; only the part of the cup makes the difference. On top, good fortune; in middle, or at bottom, just a little delay; if clouds near, some unpleasantness with your good fortune; if in the clear, everything good.

**ANCHOR.**—Successful business, if at bottom; on the top, constant love and fidelity.

**SERPENT.**—Falsehood and enmity. Top of cup, you will overcome your enemy; if cloudy, not easily; if letter near, it should be the initial of your enemy.

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**TREE.**—One tree in clear or thick, good health; several trees, you will get your wish; with dots, good fortune.

**CHILD.**—In clear, innocent friendship; in thick, excessive love affairs, and expensive; at bottom, consequences of love.

**WOMAN.**—Joy; surrounded by dots, either wealth or large family.

**HEART.**—In clear, pleasures; with dots, joy and money; if two hearts, early marriage.

**BIRDS.**—In thick, troubles, but soon over; if dots, a successful journey, a long distance.

**FISH.**—In clear, good news over water; with dots, a very long journey.

**BEASTS.**—In clear, good luck; in thick, rivals and enemies.

**WORMS.**—At top, success at gambling and marriage.

Shake cup well and then reverse in saucer to drain. No signs are perfect, but near enough. Judge sex, time, rank and position of persons when telling fortunes by tea-cups.

## WEDDING ETIQUETTE.

(The guide to correct procedure).

As soon as a young couple have made up their minds to become engaged, the parents of the young man should call upon his fiancee's parents, unless the families are already well known to each other, or if the families do not reside in the same district. The man's mother should invite his fiancee to visit her and stay a few days, so that they can get to know each other well.

As the bride's people announce the wedding, they also announce the engagement, and if published in the papers, should be as under:—

The engagement is announced of Helen, eldest daughter of Mr. and Mrs. G. Baker, \_\_\_\_\_, to Brian, eldest son of Mr. and Mrs. Kingswell, \_\_\_\_\_.

The young man should provide the engagement ring directly he obtains consent to the engagement, and this should be worn by his fiancee when the engagement is announced. The girl should be consulted as to stones and the setting that appeals to her. In fact, the correct thing to-day is for the young man to escort her to the jeweller to select a ring of her choice, or have one made to her special ideas. The engagement is the prelude to a wedding only, and a prolonged engagement is not satisfactory. A short one is more desirable and natural. The bride-elect has the right of fixing the day of the wedding.



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The Troussaux.—The girl's family provide the trousseaux, and this should be in accordance to the circumstances of the family. They also pay for invitations, wedding cake, wedding breakfast, announcements, carriages for bride and bridesmaids to the church, linen for the new home.

The bridegroom pays for:—Fees in connection with the wedding, posies for each of the matrons, bouquets for bride and bridesmaids, presents for bride and bridesmaids, carriages for himself and best man.

Invitations should be printed in silver, and sent out two or three weeks before the wedding. These are sent out by the bride's parents. The bridegroom supplies a list of any personal friends he wishes invited.

To comply with the law, a marriage requires to be solemnised between the hours of 8 a.m. and 8 p.m., either at home, church, or before a minister. No best man or bridesmaids are required when a marriage takes place at the office of the Registrar. Two witnesses are necessary. The fee is £1/2/6, additional to the fee for the license. The Registrar's hours are from 9.30 a.m. to 12.30 p.m., 1.30 p.m. to 4 p.m., and 8.30 a.m. to 11.30 a.m. on Saturdays.

**OBLIGATIONS TO CLERGYMAN**—The banns of marriage must be announced for three consecutive Sundays prior to ceremony. The officiating clergyman should be interviewed to arrange the details of his part of the wedding, as soon as possible after the

date has been decided on. There is no fixed fee for his services. The bridegroom donates what his generosity suggests. This offering should be placed in an envelope and left by the best man on the table in the vestry, marked "With Compliments," or handed to the minister; also the fees for the organist, when one is arranged for. In the Church of England there is a fee of 5/- for publishing the banns. If it is desired that no banns be announced, a Bishop's license is required. For this there is a charge of £1.

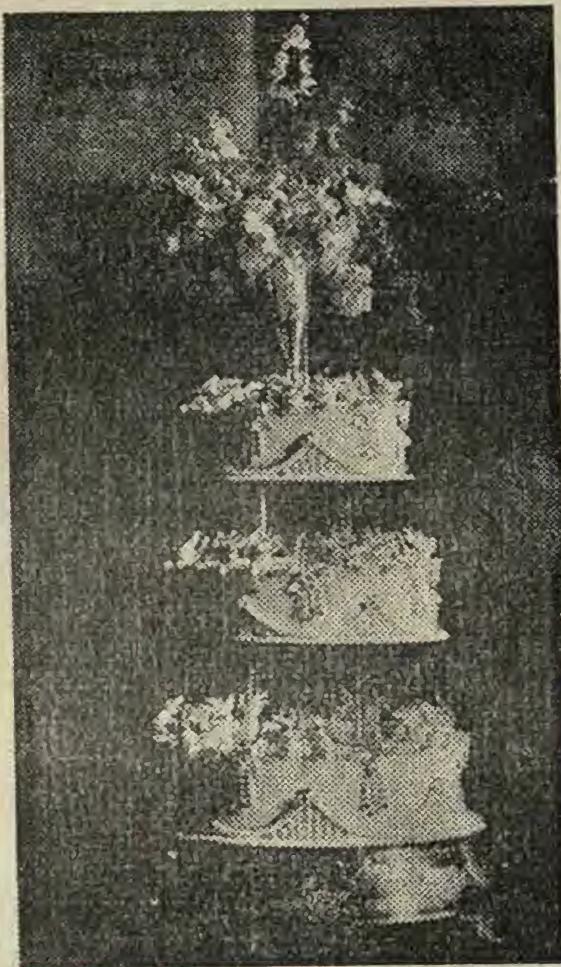
Replies to invitations should be answered promptly. A customary form is as under:—

Mr. and Mrs. \_\_\_\_\_ have much pleasure in accepting the invitation of Mr. and Mrs. \_\_\_\_\_ to attend the wedding of their daughter \_\_\_\_\_ on \_\_\_\_\_. Or if not accepted, regrets in similar wording.

**DUTIES OF BEST MAN.**—While it is preferable for the best man to be a bachelor, it is nevertheless quite correct for a married man to accept this duty. The best man's duties are numerous. He has to see that all arrangements on the bridegroom's behalf are attended to. He has to take charge of the wedding ring and be ready to hand it to the bridegroom when asked for by the clergyman at the ceremony. The best man arranges for the car which takes the bridegroom and himself to church; he also sees that the car is ready to receive the bride and bridegroom on their exit from the church. Therefore he should leave the church by the vestry immediately he has signed the register. He stands on the right of the bridegroom in the church and follows the bridal party with chief bridesmaid in to the vestry for the signing of register. He should have with him in an envelope the monetary recognition for the clergyman and leave it on behalf of the bridegroom on the table after the register has been signed. He reads out all telegrams and messages received at the reception, but, not before they have been placed before the bride for her to open and show the bridegroom. He proposes toasts and responds to others, although if the officiating clergyman at the wedding attends the breakfast, he sometimes takes the part of toastmaster. The best man should precede the newly-married couple to the station to assist with luggage. It is not desirable that the whole wedding party go to the station; it is embarrassing to the young couple, and not good taste.

**THE BRIDESMAIDS** are closest friends of the bride, or bride's sister, or bridegroom's sister. They should be unmarried, and younger than the bride. Bridesmaids order and pay for their own dresses and consult with the bride as to colour and style. The chief bridesmaid stands behind the bride, and slightly to the left. She must be ready to take the bride's bouquet and assist her to remove her glove. She hands both bouquet and gloves back to the bride before going to the vestry. Bridesmaids must arrive at the church in good time and welcome the bride on her arrival. They fall in and follow the bride and her father up the aisle, in which order they remain through the ceremony.

**WEDDING PHOTOGRAPHS.**—Immediately the church ceremony is over the bridal group proceed to the photographers,



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where previous arrangements have been made. The other guests go to the reception hall.

Cars leave the church as under:—After the bridal couple, chief bridesmaid and best man; other bridesmaids and grooms, if any; cars with bride's parents; bridegroom's parents; cars with members of families; other guests.

**BOUQUETS.**—If the bride is tall, we suggest a sheaf bouquet, and for a bride of shorter stature a posy in early Victorian style. Shower bouquets are popular, but as the fashions change, for the newest floral designs, we would suggest leaving the making in the hands of a capable floral artiste.

**AT THE CHURCH.**—Seating of guests. Relations of the bride occupy front pews on left hand side of the church, and the bride's friends, pews behind. The bridegroom's relations and friends the corresponding pews on right hand side.

**AFTER THE CEREMONY.**—The bride and bridegroom lead the recessional down the aisle. The bride takes her husband's left arm, and they are followed by bridesmaid with best man, the bride's father with bridegroom's mother, and the bridegroom's father with bride's mother.

**THE RECEPTION.**—The parents of the bride stand just within reception room doorway and shake hands with every guest. The hostess must remain at her post until all guests have arrived, although her husband may mingle with the guests after a short time. At the wedding breakfast the bride and bridegroom are seated at head of table, the bride on left of her husband, next to whom is the bride's parents, the bridegroom's parents; mother next on right of bride and father next. The minister who officiated, or the most distinguished guest proposes the health of the happy pair.

### TOASTS.

Health of Bride and Groom. By minister or most distinguished guest.

Response by Groom.

Health of Bridesmaids. Proposed by groom.

Response by best man.

Health of Bride's Parents.

Response by bride's father.

Health of Bridegroom's parents.

Response by bridegroom's father.

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Drink to Health and  
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## THE ART OF CONVERSATION.

---

Conversation is an important factor toward popularity. There are two kinds of conversation—bright, sparkling and interesting, and the drab and uninteresting kind. When among others, just forget yourself, and seek out the interests of others. A good conversationalist is a good listener, although you have to say your piece, either an opinion, or perhaps a witty observation to save the conversation from dying. Be tolerant; do not try to win an argument, as you probably will not convince the other party, as no one loves anyone who shatters their ideals. Cut out too much "I." It may be your favourite word, but other persons may not be so interested in it. A little quiet flattery goes a long way and does you no harm. The great thing on being introduced is to attempt to discover the other person's interests. You can do this very easily by noticing any little remark or hint they may drop. Consider these few simple rules, and you will be surprised yourself at your own popularity.

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A man's mind is easier to follow than a woman's, therefore it's less interesting.

Love makes time pass away. Time makes love pass away.

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**L. C. LUCAS**

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